

# YOUR HEALTH & WELL BEING



CIGNA HealthCare  
A Business of Caring.



## Take Charge of Your Health Care

You can take a more active role in your health care by using these interactive tools easily available from the secure myCIGNA.com website.

**HealthQuotient<sup>SM</sup>** Health Risk Assessment can help you assess and monitor your health status.

**Select Quality Care<sup>TM</sup>** hospital quality tool allows you to compare hospitals based on data for more than 50 surgical and medical procedures.

**DrugCompare<sup>TM</sup>** enables you to compare drug treatment options of more than 50 common conditions for features such as side effects, cost and drug interactions.

**Healthwise<sup>®</sup>** provides users with online access to information on thousands of medical topics, from everyday health and wellness to medical exams.

Log on to myCIGNA.com today and try out these tools. If you haven't previously registered, it's easy. Go to [www.cigna.com](http://www.cigna.com), click the "myCIGNA.com" button, and follow the brief instructions.



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